

RECOMMENDATIONS

Author Note:

***This initial recommendation relates to recovery and healing ONLY and based on a sole individual's perspective*

***single persons summary incorporates multiple experiences*

***Further recommendations will be sent through separately*

***Regarding FINA complete report multiple individuals have been consulted already across multiple sectors for comprehensive report summary*

FIRST SUBMISSION DRAFT

Recovery & Healing

Recommendations are provided from the perspective of:

A female with **40 years lived experience** of exposure to Domestic Violence.

Professional firsthand responder experience and advocacy

Single Mother [REDACTED]-current

Childhood: Grew up in a household where Domestic Violence was rampant, observing Domestic Violence perpetrated by father against mother

1984-2002

Adolescence:

Bullying (15-17)

Sexual Assault raped (17)

Adulthood:

2003-2024: Post separation Abuse; Financial Abuse, Physical Abuse, Emotional Abuse, Coercive Control

2015-2019

Profession: [REDACTED]

Employment

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

RELATIONSHIPS:

- [REDACTED] – daughter
 - Parental Abuse
 - physical
 - emotional
 - coercive control

[REDACTED] -step daughter ended 2019

Intimate Relationships

Past relationships:

- T [REDACTED] (separated: [REDACTED] / divorced [REDACTED]) 2003-2014
- Physical abuse
 - Emotional abuse
 - Marital rape
 - Financial Abuse

- Post separation abuse
- stalking

██████████ (intervention order ████████) 2015-2019 plus additional on-going abuse, a full assessment detailing, a full package of evidence is available, including evidence of leave taken

- Emotional Abuse
- Physical Abuse
- Financial Abuse
- Post Separation Abuse
- Stalking

IO breaches:

2019

2021

2022 - current

Current relationship

First ever healthy relationship

██████ Name withheld for personal safety and confidentiality.

(the only one I don't want to lose)

2019- present

Domestic Violence is complex, regarding this particular individual's perspective, will require significant time to fully include a thorough and detailed research and provide detailed feedback.

Domestic violence requires a thorough historical assessment for their experiences, the reality is that when the person asks for help, if it is not received, they will unlikely ask again. The same is relevant in regard to reporting of breaches

This has also been experienced recently with reporting incidents of DV, the historical mistakes and errors are still being made by SAPOL and have cost individuals a lot more than what is reflected.

Throughout this single situation, there have been multiple providers and individuals contact seeking information or offering help, resulting in delayed

Extensive research will be required to provide a full synopsis of the impact and cannot be accomplished in a short time period.

DV is complex historical reality of the abuse, historical incidents remain relevant

The individual has experienced on going mental health following the incident, has been suicidal including multiple attempts because of Government failings

Isolated from all their loved ones, has lost their ability to trust and is likely to experience further losses without Government departments accepting accountability for their failings.

The past is important for all current situations, despite what is advised

Additional case studies for inclusion in a complete report total

25/30 additional individuals, including adults/ children/ providers.

The full research of this is report will be extensive and has included pulling through multiple legislation

All the above has been accomplished whilst working through their own trauma, whilst supporting others through their trauma

RECOVERY & HEALING:

ReTRAUMATISATION

- Support the individual, as this will impact just as bad as the initial incident
- Revisit the sight of incident, with support, at the time and following
- This was significant impact on mental health and coping.

SUPPORT SERVICES

Presentations from survivors to tell the services the firsthand experience and depth of abuse and that one incident is not an isolated event and, there is currently a provider based in New Zealand who provides this, this is not something provided in Australia currently

SAPOL: Need understanding of the impact of DV

Professional – need to understand from a firsthand perspective the impact of DV, through the lived experience, it is not something easy to understand, unless you have experienced it firsthand, particularly over an entire lifetime

Therapeutic: needs to be adaptable and support the individual, the individual needs to feel they can trust the person and that confidentiality of their feelings are justified

Non judgemental

Believe the person

Medication

A person will not discuss unless they feel safe, they trust, and it needs to be consistent and follow up

HOUSING: a safe stable accommodation, must also consider those individuals who are not in receipt of Government Payments. Without housing, the strain on the government resources will result in multiple agencies being held responsible for homelessness

Financial Support

Financial security which currently meets the cost of living

An individual employed in a profession has an earning capacity and salary of up to \$150000 per annum, this is not matched through welfare benefits

Centrelink payments do not match the cost for someone to maintain their employment

LEGAL SERVICES

Victims of Crime:

Personalise the process to the individual's story

Additional support to consider the history of abuse and understand the individual

The legislation does not provide sufficient time to allow trauma to be fully identified or understood

Current legislation also allows for consideration of circumstantial consideration

Legal services: require support to understand the barriers and impact of trauma on the brain

Understand the firsthand experience of DV from victims perspective, this will allow them to adequately support the victim

The process is not provided in detail following DV

Lawyers, need education AND understand amnesia associated, following a traumatic DV incident

The personal cost for on persons single DV incident (not including their history, (in these circumstances regarding the [REDACTED] incident for the individual has cost the individual minimum of \$150,000 per annum (for this incident 4 years of abuse, plus 6 years of re trauma and continued abuse through breeches of IO orders, lack of support and understanding DV has cost the individual

Additional financial cisrts are expected to increase due to the long term lifetime of abuse

\$1.5 million dollars over 10 years,

they have lost their housing, employment, financial security, family, friends and risk losing their partner (the only person who has kept them alive!

The financial loss, does not justify the social impact, for example such as losing family/friends and relationships

All agencies need to be accountable for supporting the individual, to keep their supports that they trust

Rest: a survivor particularly when repeatedly REtraumatized, needs rest, how rest looks will change as the individual will be in fight or flight mode, in this circumstance they are experiencing insomnia because of the recurrent REtraumatization

Universal needs include:

Housing

Food

Money

Employment/education

Support for their supports

Mental health support

Specialist support

Their children need support also

Transport

Rest/relaxation (holiday to get away from the situation.

DV never leaves the individual and continues to impact

A sector they feel comfortable to liaise with

Further detail will be submitted over the next week, that is the best which can be done currently

With a complete detailed research report due for submission in 2025